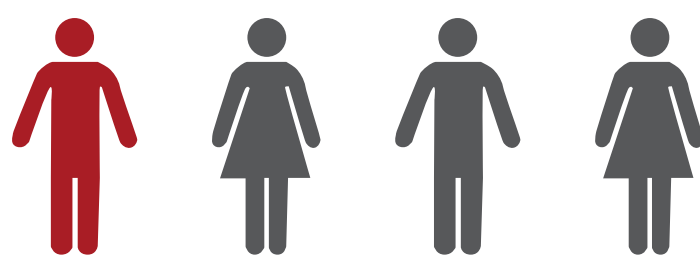


10 Surprising Ways to Avoid Heart Disease

82 million

Americans suffer from some form of cardiovascular disease.

Approximately **1 in 4** Americans have heart related problems.



Heart disease is the most prevalent health issue in America. **Explore these 10 interesting facts to help keep your heart healthy and strong.**

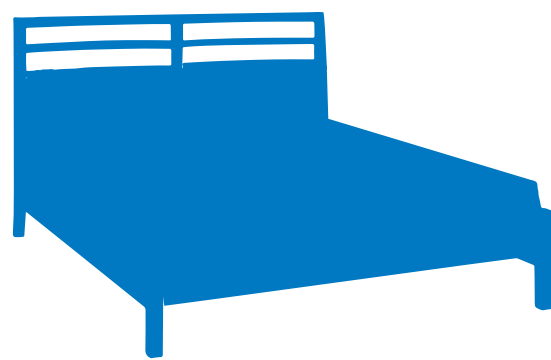
Brought to you by:



Unusual Tips for a Healthy Heart

Get the perfect amount of sleep.

Too little sleep can put you at a 48% higher risk of developing heart disease, while sleeping too much gives you a 38% higher chance. The sweet spot? Between 7-8 hours.



Snuggle.

Snuggling with a significant other can greatly reduce stress by releasing oxytocin, which helps to reduce blood pressure.

Laugh a little.

A good laugh causes blood vessels to dilate by 22%, increasing blood flow & reducing blood pressure.



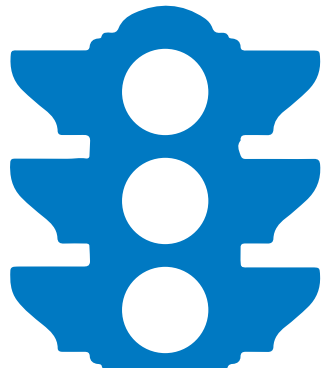
Drop the remote.

Those that sit in front of the television for 4+ hours a day are 80% more likely to die from heart disease.



Caffeinate.

Coffee has been linked to lower risks for heart rhythm issues. 1-3 cups of coffee a day can lead to a 20% decrease in hospitalizations for abnormal heart rhythms.



Steer clear of traffic.

Studies show that for every 10 decibels of added roadway traffic noise, the risk of heart attack increases by 12%.



Find “the one”.

Marriage has shown a positive correlation with a healthy heart. For women, 10 years of continuous marriage has been correlated to a 13% decrease in cardiovascular risk.

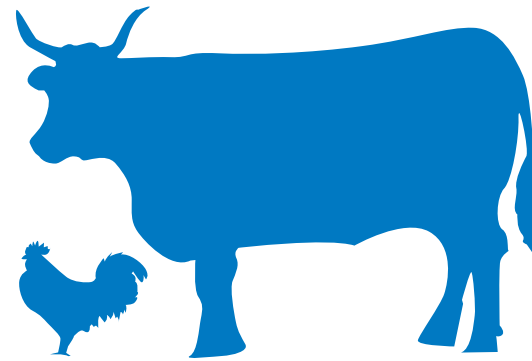
Bring Fido home.

Dogs can be a heart’s best friend. People who have dogs have reported lower blood pressure numbers, less stress and weight loss benefits.



Save the animals.

Recent studies link vegetarianism with a 32% decrease in heart disease risk.



Visit the water cooler.

Sitting for the better part of a day can significantly increase chances of heart disease, regardless if you exercise afterwards. Visiting the water fountain throughout the day provides a nice break from sitting and keeps you hydrated.



Sources:

www.northshore.org
www.nbcnews.com
www.bbc.co.uk/news
www.health.com
www.webmd.com